



Daily Diary and Quality of Life Scale for Dogs

This guide is designed to help you monitor and evaluate the quality of life of your pet. The goal of this daily diary and scale is to shed light on a difficult decision, “How will I know when it is time?”.

There is never the perfect moment to make this decision, but this period of time can range from days, to weeks, to months. This time can be very subjective and this scale and diary along with veterinary guidance, allows you to be able to continually keep track of your pet’s quality of life.

Mobility

- 0 No difficulty getting around, still enjoys going outside, going for walks**
- 1 Some difficulty getting around, needs help getting up, less active**
- 2 Barely mobile, cannot get up on their own, on anti-inflammatories or pain medications**

Hygiene

- 0 Able to go outside and to the bathroom normally, no changes in urination/defecation**
- 1 Some decrease in control of urination/defecation, few accidents in the house**
- 2 Complete loss of bowels, not aware of incontinence, accidents in the house**

Hydration

- 0 Drinking normally**
- 1 Reduced or excessive water intake (depending on particular diseases)**
- 2 Requiring intravenous (IV) or subcutaneous (SQ) fluids**

Nutrition

- 0 Eating normally, no loss of appetite**
- 1 Decreased appetite, offering more varieties of food, feeding by hand**
- 2 Complete loss of appetite**

Happiness/attitude

- 0 No changes in attitude, normal interactions with family/other pets**
- 1 Decreased interactions with family/other pets, lethargic**
- 2 Hiding, no interactions with family/other pets, loss of interest in favorite activities**

Anxiety/discomfort

- 0 No outward signs of discomfort or anxiety (panting/pacing/restlessness)**
- 1 Some increased panting, more pacing, more difficulty getting comfortable**
- 2 Completely restless, won’t sleep through the night, increased panting, increased vocalization**

